



## Monroe Township District Wellness Council

The goal of the District Wellness Council is to assess the school health environment, programs and policies in place and identify ways to strengthen these to improve the health of students and staff. The District Wellness Council works to ensure that district level wellness policies are implemented at the building level.

### Wellness Council Members

The District Wellness Council is a voluntary advisory group concerned with the health and wellbeing of students and staff. The committee is formed at the district and school building level. The group includes school staff, health professionals, students, parents, and community members.

### Council Meetings

*All meetings are held from 4:00 - 5:30 PM at the Monroe Township High School*

### Wellness Council Work

The District Wellness Council works along with parents, students, community members and staff in key policy areas:

- Review the District Wellness Policy each year
- School Food and Nutrition Promotion
- Physical Activity and Physical Education
- Health Education
- Healthy School Environment
- Health Services
- Staff Wellness

If you are interested in joining the Wellness Council, please contact Cindy Sue Schaller, the Monroe Township School Wellness Council Coordinator at 732-521-6042 Ext. 2042

This institution is an equal opportunity provider.